



*Aladdin's
Lamp
at
mealtimes*

PREMIER COFFEE



*Packed in vacuum cans
that fresh-roasted taste
in every cup*

An
Aladdin's Lamp
at mealtimes

Bringing new flavor
to old dishes by the use of
PREMIER SALAD DRESSING

A perfect Mayonnaise



Compliments of
FRANCIS H. LEGGETT & COMPANY
Packers of the line of Premier Pure Food Products

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New York City

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W^E APPRECIATE in a great degree the helpfulness of the many friends of Premier Salad Dressing who have made this booklet possible.

M^AN^Y HUNDREDS of excellent recipes have been coming to us for years and it has been no easy task to make the selection for this booklet.

W^E WISH that it were possible to publish every one. Of course, that would be an expensive undertaking and would take a very long time.

S^O **W**^E **H**^AV^E chosen those which seemed to be unusual and at the same time practical for this book and are applying many others to the use of other products in our line in pamphlets which we prepare from time to time.

Y^O**U** **W**^IL^L also notice the mention of many Premier Products in this book.

W^E **A**L^WA^YS believe that we should recommend the highest quality of product as the ingredients.

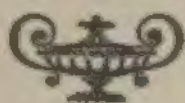
THE FRANCIS H. LEGGETT COMPANY have been packers of Premier Pure Food Products for over sixty years.

THE PREMIER LABEL on fruits, vegetables, cereals and fancy grocery products, packed in glass, tin or cartons, is an assurance of the maintenance of quality.

LET US SAY a few words regarding the recipes which follow.

EACH DISH selected to be entirely pleasing and satisfactory to the taste requires the flavor which only Premier Salad Dressing can supply.

THERE IS no other prepared mayonnaise that compares in taste or flavor with Premier Salad Dressing and for this reason we urge its use as it so ideally blends all the ingredients to make a perfect dish.



THE FRANCIS H. LEGGETT COMPANY

27TH STREET AND NORTH RIVER, NEW YORK, N. Y.

Salads suitable for luncheons or supper "main dishes"

A FEW YEARS AGO the suggestion that a salad might be used as a main luncheon dish would have been received with doubt. Today salads in this most nutritious and satisfying form appear often, both winter and summer, on most tables.

Main dish salads usually combine some such food as meat, fish, eggs, cheese, nuts or certain vegetables which will furnish the protein and building portion of the balanced meal. These food materials, combined with the lighter green vegetables, and the crisp green salad leaves, are usually put together and garnished with mayonnaise—and what could be better for that purpose than Premier Dressing?

SALMON CELERY SALAD

1 cup Premier Canned Salmon
2 cups diced celery
1 tablespoon finely minced
 onion
 Salt
 Paprika
1 cup Premier Salad Dressing
Lettuce

Pick over the salmon, freeing it from skin, bone and oil. Blend with the celery, onion, seasonings and half the Premier Salad Dressing. Arrange on lettuce and pour the remaining Premier Salad Dressing over all.

MRS. GEORGE R. TAYLOR
Scranton, Pa.

HEALTH SALAD

½ cup bran
¼ cup peanut butter
 Premier Salad Dressing
16 dates
 Lettuce

MRS. FRANCES F. O'DONNELL
Oakland, Md.

Blend the bran and peanut butter and moisten to a paste with Premier Salad Dressing. Remove pits from dates, stuff with the mixture and serve four to a portion on crisp lettuce, forming any remaining stuffing into small balls as a garnish. Serve with additional Premier Salad Dressing.

PREMIER POT-POURRI

USE a large chop platter — the larger the better. Arrange a garnish of lettuce around the edge, then sliced tomatoes, then a ring of green string beans, fresh or canned, with strips of Premier Canned Pimiento, then pats of lobster, shrimp or crab meat mixed with Premier Salad Dressing, alternating with any vegetable left over, such as carrots, potatoes, beets or asparagus. On each pat put a spoonful of Premier Salad Dressing and an additional mound of it in the center. Garnish with celery rings, ripe olives or cut radishes and young onions in season. A few capers or green peas can also be used. Serve with crisp wafers and tea or coffee.

MRS. JOSEPHINE P. SCRIBNER
San Francisco, Cal.

CART WHEEL SALAD

2 green peppers
1½ cups cottage cheese
1 minced Premier Canned
Pimiento
¼ cup minced Premier Olives
¼ cup chopped nuts
Salt
Paprika
Lettuce
Premier Salad Dressing

Cut off the stem ends of the peppers, remove the seeds, and fill with the blended cottage cheese, pimiento, olives, nuts, seasonings, mixed with two tablespoons Premier Salad Dressing. Chill, slice with a sharp knife, arrange on lettuce and top with a spoonful of Premier Salad Dressing.

MRS. E. C. ARMBRUSTER
Chicago, Ill.

MACEDOINE SALAD

½ cup each cooked and diced
carrots, turnips, pota-
toes, beets, string beans,
cauliflower, peas
½ cup celery
½ cup Premier Salad Dressing
Salt
Paprika
Shredded lettuce

Blend the vegetables, seasonings and Premier Salad Dressing, chill thoroughly, pile on shredded lettuce and garnish with a little additional Premier Salad Dressing.

MRS. JENNIE E. WILLIAMS
Seattle, Wash.

JAPANESE SALAD

2 large boiled potatoes
6 mushrooms
12 sardines
Salt
Paprika
1 teaspoon onion juice
½ cup Premier Salad Dressing
Lettuce
2 teaspoons chopped parsley

Dice the potatoes. Peel the mushrooms, simmer five minutes in butter, then dice. Bone, skin and flake the sardines, blend with the other ingredients, seasoning and Premier Salad Dressing. Pile on lettuce and sprinkle with chopped parsley and paprika.

MRS. O. H. McCONNELL
Little Rock, Ark.

RUSSIAN LENTEN SALAD

1 cup carrot balls
1 cup inch-long sticks turnip
1 cup cooked peas
1 cup cooked string beans
Lettuce
Premier Salad Dressing
Smoked salmon or
Salt herring or
Filet of sole
Diced hard-cooked egg white

Cook the vegetables separately in salted water, adding a little sugar and butter to that in which the turnips and carrots are cooked. Drain, arrange in a salad bowl on lettuce in four distinct mounds. Cover with Premier Salad Dressing and place on top a small quantity of the fish and hard-cooked egg white, decorating further with as many as desired of the following: filet of anchovy, thinly sliced cucumber pickles, capers, olives, shrimps, diced beets.

MRS. J. B. GIBBS
Rolling Fork, Miss.

Reserve the central heart of the lettuce to put in the center of the bowl.

NAVY BEAN SALAD

3 cups cooked navy beans
Salt
Pepper
2 tablespoons grated onion
¼ cup Premier Salad Dressing
Ripe tomatoes, sliced
Lettuce

Season the beans with the salt, pepper, onion and Premier Salad Dressing. Chill, then pile in the center of a dish, border with overlapping slices of tomato and garnish with lettuce and additional Premier Salad Dressing.

MRS. F. SCHUB, SR.
Elcho, Wis.

SWEETBREAD AND CUCUMBER SALAD

1 pair sweetbreads
1 cup diced cucumber
Salt
Pepper
Premier Salad Dressing
Lettuce

MRS. WILLIAM FLETCHER
Sperryville, Va.

Soak the sweetbreads, drain, then cook in boiling salted water for twenty minutes. Drain and chill, then cut into small cubes and marinate in four tablespoons of Premier Salad Dressing. Blend with the cucumber and seasonings and serve on lettuce, garnishing with additional Premier Salad Dressing.

"OLLA PODRIDA"

½ cup each cooked potatoes,
carrots, peas and beans
or beets
½ cup chopped mixed sweet
pickles
2 cups diced cooked meat
Salt
Pepper
1 cup Premier Salad Dressing
Lettuce
2 hard-cooked eggs
1 tablespoon chopped parsley

Blend the vegetables, pickles, meat, seasonings and Premier Salad Dressing thoroughly. Chill and serve on lettuce, garnishing with the hard-cooked eggs sliced thinly and sprinkle the chopped parsley over the top.

MRS. A. F. TUGGLE
Birmingham, Ala.

STUFFED EGGPLANT SALAD

1 eggplant
½ cup minced ham
½ cup minced chicken
Salt
Paprika
Premier Salad Dressing
Watercress or shredded
lettuce
Strips of green pepper

MRS. KENNETH BATES
Mystic, Conn.

Boil the eggplant whole until tender—about half an hour. When cold, cut lengthwise into halves and scoop out most of the pulp, leaving enough for a firm shell. Dice the pulp, add the minced chicken and ham, the seasonings and moisten with Premier Salad Dressing. Fill the halves with this mixture, mask with additional Premier Salad Dressing and garnish with strips of green pepper, a little paprika and watercress or shredded lettuce.

PREMIER CHEESE BALLS

- 1 cup grated cheese
- ½ cup soft bread crumbs
- 1 tablespoon Premier Salad Dressing
- Cayenne
- 1 well beaten egg

Mix the dry ingredients thoroughly, then moisten with the Premier Salad Dressing and beaten egg. Roll with the hands into marble sized balls, place in a wire basket and fry golden brown—about one minute—in deep hot fat. Drain and serve as a salad accompaniment.

MRS. E. N. SEWELL, *Winner, S. Dakota*

PIAVE SALAD

- ½ cup Premier Lunch Tongue
- 1 apple
- Premier Salad Dressing
- 1 green pepper, minced
- 1 Premier Canned Pimiento, minced
- Lettuce

Arrange the lettuce on individual plates, lay on it two or more slices of tongue. Peel, core and slice the apple crosswise, place one slice on each portion of tongue, pour a spoonful of Premier Salad Dressing over and sprinkle with the minced green pepper and pimiento.

MRS. H. TAYLOR, *Hartford, Conn.*

CHEESE BALL SALAD

- ¼ pound American cheese
- ⅓ sweet green pepper or Premier Canned Pimiento
- 1 tablespoon Premier Salad Dressing
- Halved English walnut-meats

MRS. HARVEY C. JOHNSON
Trenton, N. J.

Pass the cheese and pepper or pimiento through the food chopper, using the fine knife. Blend with the Premier Salad Dressing, roll into small balls, pressing half an English walnut-meat into the top of each. Serve with any plain green salad or if desired, serve three to a portion on crisp lettuce, passing additional Premier Salad Dressing separately.

All measurements are level

Salads and dishes containing fish or for service with fish

FISH AND SALAD just seem to belong together. Both the texture and flavor of fish are at their best when served with a crisp, well-seasoned salad. Probably cucumbers when they can be obtained are used more with fish than any other vegetable. A runner-up in popularity is cabbage, which furnishes the same crispness. Raw carrot is also a good choice, while tomatoes give color as well as flavor and texture.

As an ingredient of a salad, fish is at its best. A main dish salad for a luncheon, Sunday supper, afternoon or evening party, is delicious when flaked fish or shell fish is the leading ingredient.

RAW CARROT SALAD

3 carrots
1 teaspoon minced parsley
Salt
Paprika
Premier Salad Dressing
Iceberg lettuce

Grate the carrots or pass through the food chopper, using the fine knife. Mix with the parsley and seasonings and moisten generously with Premier Salad Dressing. Chill and serve piled high on iceberg lettuce.

MRS. T. M. McEWAN
Springfield, Mass.

ASPIC MAYONNAISE

1 cup Premier Salad Dressing
 $\frac{1}{3}$ cup aspic jelly (jellied meat stock)

Have the jelly cold but not set, add it slowly to the Premier Salad Dressing, beating while adding. Chill thoroughly before serving.

MRS. M. JOHNSON
Elmira Heights, N. Y.

JELLIED CUCUMBER SALAD

1½ cups grated cucumber
Salt
Paprika
½ tablespoon vinegar
½ tablespoon granulated
gelatine
1 tablespoon water
English walnuts
Premier Salad Dressing
Lettuce

Blend together the cucumber, salt, paprika, vinegar and 1 tablespoon Premier Salad Dressing. Soften the gelatine in the water, then dissolve it by placing the cup containing it in a pan of hot water. Cool and add to the first mixture. Place the wal-nuthalves in the bottom of individual molds which have been dipped into cold water, pour in the cucumber mixture, chill, and when set unmold onto crisp lettuce and garnish with additional Premier Salad Dressing.

MRS. G. E. HOLLIS, *Beauregard, Miss.*

CABBAGE SALAD

2 cups shredded cabbage
1 pimienta
1 green pepper
Salt
Paprika
Lettuce or cabbage leaves
½ cup Premier Salad Dressing

Shred and crisp the cabbage. Cut the pimienta and pepper into small pieces and mix all with the dressing. Serve on lettuce or cabbage leaves. Three-quarters of a cup of shredded pineapple may be used instead of the green pepper.

MRS. M. E. DAVID, *New York City*

ARTICHOKE SALAD

6 thick slices large peeled
tomatoes
6 artichoke hearts
1 cup flaked crab meat or diced
chicken
Thousand Island Premier
Salad Dressing
1 hard-cooked egg
Lettuce

Place a slice of tomato on lettuce on each salad plate; on this lay an arti-choke heart, hollowing the center of the artichoke a little. Fill this de-pression with the crab meat or chick-en, cover with Thousand Island Pre-mier Salad Dressing and garnish with the hard-cooked egg, cutting the white into rings and ricing the yolk.

MRS. T. NEIL JONES, *Paducah, Ky.*

STUFFED CUCUMBER SALAD

3 small cucumbers
1 ripe tomato
2 stalks celery
½ teaspoon minced onion
1 teaspoon minced parsley
4 ripe olives, minced
Salt
Paprika
Premier Salad Dressing
Watercress

Peel and cut the ends from the cucumbers, then place in ice-cold water for one hour. Peel and dice the tomato, dice the celery, and blend these with the onion, parsley, olives, seasoning and two tablespoons of Premier Salad Dressing. Halve the cucumbers lengthwise, hollow out the centers. Blend this portion of the cucumber with the other mixture and fill the cucumber "boats." Pour a little additional Premier Salad Dressing over all and serve on individual plates on a bed of watercress.

MRS. CLARENCE SMOCK
Salinas, Calif.

EGG AND CUCUMBER SALAD

1 large cucumber
2 tablespoons diced celery
Salt
2 hard-cooked eggs, diced
2 tablespoons Premier Salad Dressing
Lettuce

Peel and dice the cucumber, chill, then squeeze in a cloth to remove excess moisture. Add the celery, salt and diced eggs and blend with the Premier Salad Dressing. Serve as individual salads, a spoonful, in a lettuce cup, to each person.

MRS. J. H. GLASCOCK, Hutchinson, Kans.

PREMIER COFFEE

*packed in vacuum cans—that
fresh roasted taste in
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PICKLED OYSTER SALAD

1 pint oysters
½ cup vinegar
½ teaspoon salt
1 tablespoon whole Premier
Pickling Spices
1 cup diced celery
½ cup Premier Salad Dressing
Lettuce
Sections of lemon
Premier Stuffed Olives,
sliced

Pick the oysters over carefully, then pour over them the vinegar which has been scalded with the salt and spices tied in cheesecloth. Cool, then drain and blend the oysters with the celery and Premier Salad Dressing. Arrange on lettuce and garnish with the lemon and stuffed olives.

MRS. A. S. WILLIAMS
North Adams, Mass.

CRAB MEAT RAVIGOTE

2 cups flaked crab meat
2 hard-cooked eggs
1 tablespoon Premier Chili
Sauce
1 tablespoon minced parsley
3 tablespoons Premier Salad
Dressing
2 tablespoons chopped pickles
Salt
Paprika
Few capers
Slices of lemon
Strips of Premier Canned
Pimiento

Blend the crab meat with the chopped egg whites, chili sauce, parsley, Premier Salad Dressing, pickles and seasonings. Chill, replace in the crab shells or place in toasted bread cases, and garnish with the yolks of eggs pressed through a sieve and with slices of lemon and strips of pimiento.

MRS. FLORENCE E. KESTNER
Reading, Pa.

BAKED OYSTERS IN SHELLS WITH SPINACH

Oysters
Premier Salad Dressing
Cooked strained spinach
Cayenne pepper
Lemon juice

MRS. EVERETT DAVES
(Reg. Nurse)
Long Beach, Calif.

Dip each oyster in Premier Salad Dressing, replace in its shell, cover with cooked spinach, sprinkle with cayenne and squeeze lemon juice over all. Bake in a moderately hot oven fifteen to twenty minutes and serve hot in the shells with additional Premier Salad Dressing.

MACARONI FISH SALAD

½ package Premier Macaroni
1 can Premier Tuna Fish or
Salmon
1 teaspoon minced onion
Paprika
Salt
½ cup Premier Salad Dressing
Lettuce
2 hard-cooked eggs

Cook the macaroni in boiling salted water until tender. Drain, cool and combine with fish, onion and seasoning, moisten with the Premier Salad Dressing. Chill, arrange on lettuce and garnish with the hard-cooked eggs cut into lengthwise sections and with additional Premier Salad Dressing.

MISS ANN LUCILA WELSH, *Youngstown, Ohio*

SHRIMP SALAD IN GREEN PEPPER CASES

1½ cups fresh or 1 can
Premier Shrimps
½ cup diced celery
⅔ cup Premier Salad
Dressing
Salt
Green peppers
Sections of lemon
Lettuce or watercress

MRS. MARY A. HOFMEISTER
Evansville, Ind.

Remove the black intestinal veins from the shrimps and break the shrimps into pieces. Blend with the celery and Premier Salad Dressing, season, chill, and serve in green pepper cases made by cutting a slice from top of each pepper and removing the seeds. Garnish with lettuce or cress and sections of lemon, or, if desired, imbed pepper cases in crushed ice.

CRAB MEAT with GREEN PEPPERS in TOMATO ASPIC

6 firm tomatoes
2 cups crab meat
1 minced green pepper
½ cup tomato pulp
½ teaspoon salt
¼ teaspoon paprika
Slight grating nutmeg
½ teaspoon granulated
gelatine
2 teaspoons cold water
Premier Salad Dressing
Lettuce or endive

MRS. EMMA M. CLARK
Saginaw, Mich.

Cut a slice from the top of each tomato and remove the pulp with a teaspoon. Remove all shell carefully from the crab meat, blend with the pepper, tomato pulp and seasonings. Soften the gelatine in the cold water, dissolve over boiling water, add to one-third cup Premier Salad Dressing and use to moisten the blended mixture. When about to set, pile in the tomato cups, chill and serve as individual salads with lettuce or endive, pouring a spoonful of Premier Salad Dressing on top of each.

FISH AND TOMATO SALAD

½ cup cooked rice
½ cup diced celery
1 teaspoon minced onion
Salt
Premier Salad Dressing
1 cup canned or flaked fish
Tomato jelly
Parsley
Lettuce

MRS. ALBERTINE POLLEY
Ronan, Mont.

Blend the rice, celery, onion and salt with three tablespoons of Premier Salad Dressing. Arrange on a bed of lettuce, top with the fish, coating this in turn with Premier Salad Dressing. Arrange cubed tomato jelly around edge and garnish with fresh parsley.

For the tomato jelly use highly seasoned canned tomato soup stiffened with granulated gelatine.

OYSTER COCKTAIL PREMIER

2 dozen oysters
¾ cup Premier Salad Dressing
1 tablespoon grated horseradish
3 tablespoons cream
Paprika or minced parsley

Pick the oysters over carefully, chill, then add the Premier Salad Dressing and the horseradish blended with the cream. Serve in cocktail glasses with a dash of paprika or a little finely minced parsley on top.

MRS. C. W. BATTERSBY
Melrose, Mass.

FISH À LA PREMIER

Medium sized fish
4 slices bacon
2 tomatoes
2 onions
1 green pepper
1 tablespoon brown sugar
Salt
Paprika
3 tablespoons Premier Salad Dressing
1 cup water

MRS. MINERVA WHITING
Portland, Oregon

Prepare the fish according to the variety used. Place in a baking pan and cover with the tomatoes, onions and green pepper, all coarsely chopped and seasoned with the salt, paprika and sugar. Sprinkle with the Premier Salad Dressing and lay the slices of bacon on top. Pour the water into the pan and bake until tender in a moderate oven, basting several times during the cooking with the liquor in the pan.

Salads and dishes containing fowl or for service with fowl

AS VEGETABLES seem to belong with fish, so do fruits naturally seem to accompany fowl. This does not mean that vegetables are inappropriate, but that custom, which is usually built upon taste, has made us expect and appreciate, for instance, cranberries with chicken or turkey, orange and apple with duck. Cranberry Salad is a variation from the jelly or sauce which furnishes the usual medium for the service of cranberries, and Orange Salad with duck, brings out the flavor of both foods.

Green Gage Salad and Kumquat and Grapefruit Salad are delicious with game, if one is fortunate enough to be able to serve it during the hunting season. When kumquats are not obtainable, small oranges may take their place.

Among the meat salads there is, of course, nothing more acceptable than chicken salad, that standard dish for afternoon and evening party refreshments. The recipe given includes a novelty in its service, which will be welcomed by the hostess who has chosen it because she is certain of its popularity with her guests. Chicken Salad Éclairs are attractive in appearance and delicious in flavor.

PREMIER CURRANT SAUCE FOR ROAST DUCK

1 tablespoon butter
1½ tablespoons flour
½ teaspoon salt
1 cup water
2 tablespoons Premier
Currant Jelly
2 tablespoons Premier Salad
Dressing

Melt the butter, add the flour and salt, and when well mixed, add the water and bring to boiling point, stirring constantly. Add the jelly and stir until dissolved, add the Premier Salad Dressing and serve.

MRS. C. H. MONSON
Salt Lake City, Utah

PIQUANTE SALAD

2 tablespoons granulated gelatine
2 cups water
½ cup sugar
Juice 1 lemon
½ cup vinegar
1 teaspoon salt
¼ teaspoon paprika
1 cup finely shredded cabbage
2 cups diced celery hearts
1 minced sweet pepper
Lettuce
Premier Salad Dressing
Premier Canned Pimiento

Soften the gelatine in one-half cup cold water, add the sugar and remaining water (one and one-half cups) boiling. Stir until gelatine and sugar are dissolved, then add the lemon juice, vinegar, salt and paprika and when just beginning to set add the cabbage, celery and pepper. Turn into a mold which has been dipped into cold water, chill, unmold onto lettuce and garnish with a generous amount of Premier Salad Dressing and strips of Premier Canned Pimiento.

MRS. S. I. BLACK
Philadelphia, Penna.

ORANGE OR APPLE SALAD

4 sweet oranges or apples
1 cup English walnut-meats
¼ cup chopped celery
Premier Salad Dressing
Lettuce

MRS. F. F. DAVIES
Little Rock, Ark.

Peel and cut the fruit into small sections. Blend with the nuts, celery and four tablespoons of Premier Salad Dressing. Chill and serve on lettuce with additional Premier Salad Dressing.

DUCK AND ORANGE SALAD

2 cups diced cold cooked duck
½ teaspoon salt
¼ teaspoon paprika
1 tablespoon tarragon vinegar
4 oranges, peeled, sliced and quartered
½ cup Premier Salad Dressing
Lettuce

Marinate the duck with the salt, paprika and vinegar. Add the oranges and mix all with half the Premier Salad Dressing. Chill, arrange on crisp lettuce and pour the remaining Premier Salad Dressing over all.

MRS. L. M. WEBB
St. Louis, Mo.

CHICKEN SALAD ÉCLAIRS

½ cup salted English walnuts
1½ cups diced cold cooked chicken
¾ cup diced celery
¼ teaspoon paprika
4 tablespoons Premier Salad Dressing
Éclair shells
Lettuce

Prepare the nuts as for salted almonds, then break them into small pieces. Blend with the chicken, celery, paprika and Premier Salad Dressing. Fill fresh éclair or cream puff shells with the mixture and serve garnished with lettuce.

MISS DOROTHEA LUTJEHARMS
Alms, Nebr.

CHICKEN GRAPE SALAD

1 cup diced cooked chicken
1 cup diced celery
1 cup skinned, seeded, quartered grapes
¼ cup pecan meats
Salt
Paprika
½ cup Premier Salad Dressing
½ cup whipped cream
Lettuce

Blend the meat, celery, grapes and nuts, add the salt and paprika. Blend the Premier Salad Dressing and whipped cream, add half of this to the salad mixture, chill, pile high with a border of lettuce leaves and pour the remaining dressing over the top.

MRS. ALBERT M. OLSON
Denver, Colo.

GREEN GAGE SALAD

2 cups green gage plums
Small bottle maraschino cherries
1 cup broken nut-meats
1 small can Premier Pears
Premier Salad Dressing
Lettuce

MRS. LEON T. GLATFELTER
York, Pa.

Slice the plums, quarter the cherries and mix with the nut-meats and three tablespoons of Premier Salad Dressing. Place half a pear on lettuce, pile with the prepared mixture and top with additional Premier Salad Dressing to which a little whipped cream may be added if desired. Place a red or green cherry on top of all.

PREMIER COFFEE—
that fresh roasted taste in every cup

CHESTNUT SALAD

1 cup chopped cooked chest-
nut meat
1 tablespoon whipped cream
2 tablespoons Premier Salad
Dressing
Romaine or lettuce

MISS K. M. BREEMAN
(Dietitian)
New York, N. Y.

To prepare the chestnuts cut a slit in each with pointed knife, heat thoroughly in oven so that both outer and inner skins can readily be removed, then simmer nuts until tender in boiling, salted water. Chill, chop and arrange on romaine or lettuce, garnishing with the blended whipped cream and Premier Salad Dressing.

CRANBERRY SALAD

2 cups cranberries
 $\frac{3}{4}$ cup water
2 cups sugar
1 package commercial
lemon gelatine
 $\frac{1}{2}$ cup boiling water
1 cup chopped celery
 $\frac{1}{2}$ cup chopped walnut-
meats
Lettuce
Premier Salad Dressing

Cook the cranberries and water until the berries burst. Add the sugar and cook five minutes longer. Dissolve the gelatine in the boiling water and when thoroughly dissolved add to the cranberries with the celery and nut-meats. When cold but not yet set, turn into individual molds which have been dipped into cold water. Chill, unmold and serve on lettuce with Premier Salad Dressing.

MRS. J. D. CLEARWATERS
Brooklyn, N. Y.

KUMQUAT AND GRAPEFRUIT SALAD

2 grapefruit
 $\frac{1}{2}$ teaspoon salt
1 tablespoon sugar
Premier Salad Dressing
1 dozen kumquats
Lettuce
Premier Canned Pimiento

MRS. JANET R. KELLY
Virginia

Peel the grapefruit, remove all fiber, seeds and cores and break the pulp into small pieces. Sprinkle with salt and sugar and marinate with one-fourth cup of Premier Salad Dressing. Slice the kumquats as thinly as possible. Pile the grapefruit high on lettuce, arrange sliced kumquats around it, pour additional Premier Salad Dressing over the top and garnish with narrow strips of pimiento.

Salads and dishes containing meat or for service with meat

MEATS, LIKE FISH, usually demand a vegetable salad when one is served with the main course. Most of the recipes given under this grouping have ingredients which are distinctive in flavor and color. This last point is of interest when the rest of the course is of a neutral tinge. Eyes, as well as mouth, should enjoy food! Tomatoes, beets, radishes, carrots all provide a cheery note, as well as a savory flavor. Spinach, string beans, asparagus, and mint, with their fresh green color, provide interest.

The Minted Lamb Salad gives a delightful combination of two of the foods which tradition or experience has learned to group together. This makes a good luncheon or supper dish and may be used as another suggestion for a main dish salad.

The Molded Spinach which is suggested here is a favorite luncheon salad at one of the country's famous restaurants, where it appears almost daily during every season.

No recipes (if we except Minted Lamb Salad) are given under this group for the combination of meat with other ingredients for salad. Every woman knows that a portion of the meat in "chicken" salad may be veal or pork carefully and thoroughly cooked. Many housekeepers, whenever they have a roast of either of these meats, plan to use the left-over for a special Sunday night supper salad. In this case, the meat itself, without any chicken, is used and probably the family is allowed to give it a name as it is eaten.

For very special occasions, sweetbreads with celery may be used and make what is perhaps the best meat salad of them all.

“PREMIER POPPIES”

2 teaspoons finely minced onion
6 stalks crisp celery, diced
½ cup minced Premier Stuffed Olives
Salt
Pepper
6 firm ripe tomatoes
Premier Salad Dressing
Lettuce

Blend the onion, celery, olives and seasonings. Scoop out the pulp of the tomatoes, reserving it for soup or stew. Pile the blended mixture in the hollowed out shells, cover with a spoonful of Premier Salad Dressing and top with a dash of paprika. Serve on crisp lettuce on individual salad plates.

MRS. THOMAS F. McENEANEY
Lawrence, Mass.

BREWSTER SALAD

1 bunch cold cooked asparagus or 1 can Premier Asparagus
Finely chopped white 1 hard-cooked egg
1 tablespoon India relish
½ tablespoon finely minced parsley
1½ tablespoons minced Premier Canned Pimiento
Premier Salad Dressing
Lettuce

Pile the asparagus high in the center of an oblong platter. Blend the egg white, relish, parsley and pimiento and arrange these in two bars crossing the asparagus at about the points where it was originally tied. Garnish with crisp lettuce arranged in rows, the leaves overlapping one another, and serve with Premier Salad Dressing.

MISS CARRIE E. OWEN
Shamokin, Penna.

ROSE SALAD

6 firm round tomatoes
Salt
Paprika
2 teaspoons minced onion
3 tablespoons minced celery
3 tablespoons chopped lettuce
3 tablespoons Premier Salad Dressing

MRS. HELEN CLAIBORNE
West Palm Beach, Florida

Peel the tomatoes and cut almost through into six petal-like sections, season with salt and paprika. Blend the onion, celery, lettuce and Premier Salad Dressing. Serve as individual salads on lettuce, filling the centers where the sections fall apart with the blended mixture. Chill and if desired serve with additional Premier Salad Dressing.

CAULIFLOWER SALAD

- 1 cooked cauliflower
- 2 tablespoons Premier Olive Oil
- 1 tablespoon vinegar
- ½ teaspoon salt
- ¼ teaspoon paprika
- ¼ cup Premier Salad Dressing
- 1 tablespoon finely chopped chives
- Watercress or endive

Break the cauliflower into small pieces, marinate with the oil, vinegar, salt and paprika, and let stand one hour. Arrange on watercress or endive and sprinkle with finely chopped chives. Garnish with Premier Salad Dressing.

MRS. B. H. TOOKER
Essex, Conn.

BEET AND ONION SALAD

- 12 slices pickled beets
- 12 slices onion
- 1 tablespoon pickled beet juice
- 2 tablespoons Premier Salad Dressing
- Lettuce
- Minced parsley

Arrange alternate slices of beet and onion on lettuce, each slice overlapping the preceding one. Pour over the whole a dressing made by blending the beet juice and Premier Salad Dressing, and sprinkle the minced parsley over all as a garnish.

MRS. DWIGHT C. STONE
Hanover, Conn.

CARROT SALAD

- 4 large carrots
- 1 dozen Premier Olives, minced
- 1 cup diced celery
- Salt
- Pepper
- Premier Salad Dressing
- Lettuce

Scrape, dice and boil the carrots until tender, mix with the olives, celery, salt, pepper and two tablespoons Premier Salad Dressing. Pack into small custard cups, chill, unmold onto lettuce leaves and pour an additional spoonful of Premier Salad Dressing over each.

MRS. YSABEL CATO
New Orleans, La.

All measurements are level

SPANISH ONION AND RADISH SALAD

- 1 large firm Spanish onion
- 1 bunch red radishes
- Lettuce hearts
- 2 tablespoons Premier Salad Dressing
- 1 tablespoon Premier Chili Sauce

MRS. STANLEY CHAPPELL
Oklahoma City, Okla.

Peel the onion, cut into slices and separate the rings. Let stand in ice water until crisp, drain, dry and pile in a nest of lettuce hearts. Sprinkle generously with the radishes finely chopped without paring and dot with the blended Premier Salad Dressing and Premier Chili Sauce.

SAVORY STRING BEAN SALAD

- 3 cups diced cooked string beans
- 2 tablespoons chopped pickles
- 1 grated onion
- 1 Premier Canned Pimiento, minced
- ½ cup Premier Salad Dressing
- 2 tablespoons Premier Chili Sauce
- Plain or shredded lettuce

If possible, use freshly cooked chilled beans. Blend with the remaining ingredients, chill all thoroughly and pile high in a dish with a border of plain or shredded lettuce.

MRS. LULU DAY CALDWELL
Grants Pass, Oregon

MINTED LAMB SALAD

- 2 cups slightly sweetened lemon gelatine
- 1 tablespoon minced mint
- 1 cup minced lean lamb
- ½ teaspoon salt
- ¼ teaspoon paprika
- Lettuce
- Premier Salad Dressing

Miss L. KING
Washington, D. C.

If possible, scald two or three sprigs of mint in the boiling water used in making the gelatine, otherwise add six drops mint extract. When the gelatine is cold but not yet set, add the minced mint and lamb with which the salt, paprika and two tablespoons of Premier Salad Dressing have been mixed. Turn into a mold which has been dipped into cold water, chill until set, unmold and serve sliced on lettuce with additional Premier Salad Dressing.

STUFFED CELERY

8 crisp celery stalks
1 dozen Premier Stuffed
Olives
2 teaspoons onion juice
3 tablespoons Premier Salad
Dressing
¼ teaspoon salt
¼ teaspoon paprika
½ cup grated cheese

Mince the olives finely and add them with the onion juice, Premier Salad Dressing, salt and paprika to the cheese, working all to form a paste. Fill the hollows of the celery stalks, chill and serve as a salad accompaniment.

MRS. MARY MCSHEA
Twin Falls, Idaho

MOLDED SPINACH PREMIER

2 pounds spinach or
1 can Premier Spinach
Seasoning
1 hard-cooked egg
¾ cup Premier Salad Dressing

Cook the spinach until tender, chop, drain very thoroughly, season and press into a mold. Place this in hot water to reheat, unmold, garnish with the hard-cooked egg diced, and serve with Premier Salad Dressing.

MISS FANNIE WATERHOUSE, *Sacramento, Calif.*

PREMIER BUTTER

½ cup butter
2 tablespoons Premier Salad
Dressing
¼ teaspoon salt
Dash of cayenne
Dash of white pepper

Cream the butter, add the Premier Salad Dressing and seasonings. Spread over broiled steak just before serving.

MRS. J. HOWARD CROSBY
Fultonville, N. Y.

PIMIENTO SALAD

3 pimientos
1 cup chopped cabbage
¼ cup diced tomatoes
¼ cup diced celery
Lettuce
Salt
Pepper
2 tablespoons minced onion
¼ cup Premier Salad Dressing

Divide the pimientos into halves, remove the seeds, wash, drain and dry. Blend all remaining ingredients, fill the halved pimientos and put a teaspoonful of Premier Salad Dressing on top of each. Serve on lettuce.

MRS. C. L. ARMSTRONG
Hazleton, Iowa

Fruit Salads

FRUIT SALADS are known as the creation and delight of the American people. The great abundance of fruit which may be obtained fresh all the year round may be one reason for their popularity. The canned fruits also are of such excellent quality that they are a great asset in salad making.

Care must be taken, however, in combining fruits which blend well together. Usually a few fruits in amounts large enough to give their own flavor to the salad make a better combination than a larger variety.

The dressing for most fruit salads should not be sweet, as the fruits themselves usually furnish this in large enough quantities. Premier Dressing in itself, or combined with whipped cream or with fruit juice, answers the requirement of dressing for fruit salads.

BAKED APPLE SALAD

6 cooking apples
3 teaspoons butter
6 tablespoons brown sugar
 $\frac{1}{2}$ cup chopped nuts and raisins mixed
Lettuce
Cubes of currant jelly
Premier Salad Dressing

Core and prick the apples, fill the cavities with butter and brown sugar and bake with a little water until tender but not broken. Chill, then stuff the centers with nuts and raisins, place on crisp lettuce on individual salad plates and garnish with cubes of currant jelly and with a spoonful of Premier Salad Dressing.
MRS. J. W. REAMS, *Morristown, Tenn.*

PECAN MAYONNAISE SALAD

1 cup Premier Salad Dressing
 $\frac{1}{4}$ cup chopped pecans
1 teaspoon grated orange rind

Blend all ingredients thoroughly and serve on a plain lettuce or a fruit salad.

MRS. F. F. DAVIES
Little Rock, Ark.

STAR SALAD

1 large grapefruit
2 oranges
2 figs
Finely chopped dates
Premier Salad Dressing
Lettuce

Peel, remove all inner skin and connecting fiber from both grapefruit and oranges and divide into sections. Arrange on individual plates—first a leaf of lettuce, then, in star shape, sections of grape fruit, placing sections of orange on these. Top with long slender strips of fig and fill the spaces between the orange star points with finely chopped dates. Pour a spoonful of Premier Salad Dressing into the center of each salad.

MRS. MARGARET W. CAHALL
Honolulu, T. H.

SALAD À LA VIRGINIA

2 cups steamed prunes
1 cup chopped walnut-meats
2 tablespoons chopped preserved ginger
1 cup cream cheese
Premier Salad Dressing
Lettuce

Remove the pits from the prunes and stuff with the nuts, ginger and cheese, blended and moistened with Premier Salad Dressing. Allow four prunes for each service, arrange on lettuce leaves and garnish with additional Premier Salad Dressing.

MRS. M. H. STRADER
Schenectady, N. Y.

HAWAIIAN SALAD

Slices of fresh or Premier
Canned Pineapple
Halved, skinned and seeded
malaga grapes
English walnut-meats
Candied cherries
Lettuce
Premier Salad Dressing

Arrange the slices of pineapple on lettuce, allowing one slice for each service. Pile on each the prepared grapes; top with equal parts broken English walnut-meats and shredded candied cherries well moistened with Premier Salad Dressing. Pass additional Premier Salad Dressing if desired.

MRS. HARRY B. HENDERSON
Cheyenne, Wyo.

HEARTS OF ROMAINE WITH DICED MELON

Romaine
Diced melon
Premier Salad Dressing

MRS. JOSEPHINE SCRIBNER
San Francisco, Calif.

Have all the ingredients thoroughly chilled; arrange romaine in a salad bowl and pile in it the diced melon which has been marinated with a generous amount of Premier Salad Dressing.

JELLIED ORANGE AND CHEESE BALL SALAD

3 cups orange gelatine
1 cup cream cheese
½ cup finely chopped English
walnuts or pecans
¼ teaspoon salt
¼ teaspoon paprika
Premier Salad Dressing
Shredded lettuce

Cool the gelatine in a shallow pan, cut it into cubes and arrange on shredded lettuce interspersing with very small balls formed from the cheese, nuts, salt, paprika. Garnish with Premier Salad Dressing or pass this separately.

MISS DOROTHEA LUTJEHARMS
Alma, Nebr.

JELLIED GRAPEFRUIT AND CHERRY SALAD

3 cups lemon gelatine
1 grapefruit
1 cup Premier Canned Cher-
ries
¾ cup Premier Salad Dressing
½ cup whipped cream
1 teaspoon chopped pistachio
nuts or toasted almonds

MRS. A. POLLEY
Ronan, Mont.

Use part of the juice from the cherries in preparing the gelatine. Remove all skin, fiber and seeds from the grapefruit, break it up in small pieces, add with the cherries to the gelatine and when about to set turn into a border mold which has been dipped into cold water. Chill, and when set unmold and fill the center with the blended Premier Salad Dressing and whipped cream, sprinkling nuts over the top.

PREMIER COFFEE—
that fresh roasted taste in every cup

"BLACK EYED SUSANS"

4 Premier Canned Peaches
8 dates, stoned
8 toasted almonds
Premier Salad Dressing
Lettuce or cress

MRS. G. E. HOLLIS
Beauregard, Miss.

Cut the peaches into narrow length-wise strips, chop the dates and almonds finely and blend them with enough Premier Salad Dressing to moisten. Then form into small balls, arrange these in the center of individual plates with the peach strips around to form the petals of the flower. Garnish with lettuce or cress and serve additional Premier Salad Dressing separately.

BUTTERFLY SALAD

6 slices Premier Canned Pineapple
½ cup cream cheese
6 pecans
3 stalks celery
1 Premier Canned Pimiento
Premier Salad Dressing
Lettuce

MRS. F. E. CHAFFIN
Lewiston, Maine

Cut each slice of pineapple into halves, place the curved edges together on lettuce and form the body of the butterfly from the cream cheese, using the nut-meats for the head and narrow strips of curled celery for the tendrils. Decorate and garnish the pineapple wings with narrow strips and dots of pimiento and with Premier Salad Dressing. Pass additional Premier Salad Dressing separately.

ALAMO SALAD

4 bananas
2 apples
½ teaspoon salt
¼ teaspoon paprika
Grated cheese
Lettuce
Premier Salad Dressing
Premier Canned Pimiento

Slice the bananas, peel, core and dice the apples, add the seasonings and blend with three tablespoons Premier Salad Dressing. Pile on lettuce, sprinkle grated cheese over the top and garnish with strips of pimiento. Pass additional Premier Salad Dressing separately.

MRS. HARRY S. CHURCHILL
San Antonio, Texas

MAY FRUIT SALAD

6 slices fresh or Premier
Canned Pineapple
1 banana
6 strawberries
1 large orange
1 teaspoon minced fresh mint
Premier Salad Dressing
Lettuce

Dice the pineapple and banana, slice the strawberries, peel and dice the orange. Blend with the mint and four tablespoons Premier Salad Dressing, arrange on lettuce and garnish with whole strawberries, sprigs of fresh mint, and pass additional Premier Salad Dressing if desired.

MRS. L. W. STORMS, *San Antonio, Texas*

BANANA AND COCOANUT SALAD

½ cup shredded cocoanut
3 bananas
Lettuce
Premier Salad Dressing

Toast cocoanut in very slow oven until delicately browned. Peel the bananas and cut each in half lengthwise and crosswise. Roll each quarter in the toasted cocoanut and arrange on crisp lettuce leaves, topping with a spoonful of Premier Salad Dressing.

MRS. HILDING A. BJORKLUND
St. Peter, Minn.

BANANA AND PIMIENTO SALAD

4 ripe bananas
½ cup diced celery
4 tablespoons Premier Salad Dressing
1 Premier Canned Pimiento
Lettuce

Peel, scrape and cut the banana into slices. Blend with the celery and half the Premier Salad Dressing. Arrange on lettuce leaves and garnish with remaining Premier Salad Dressing and pimiento cut into narrow strips.

MRS. JAMES E. MORRIS, *Chestertown, Maryland*

PINEAPPLE AND APRICOT SALAD

4 slices Premier Canned Pineapple
4 halves Premier Canned Apricots
4 maraschino cherries
Premier Salad Dressing
Lettuce

Place each slice of pineapple on crisp lettuce on individual salad plates. Put half an apricot in the center of each slice, fill with Premier Salad Dressing, chill and garnish with maraschino cherries.

MRS. E. L. CHATFIELD, *Coalwood, W. Va.*

Party Salads

"PARTY" SALADS may justifiably be more complicated in ingredients and proportions than the everyday lunch or dinner accompaniment. Any salad, with its crisp green garnishings and its contrast between ingredients and dressing, adds its attraction to the meal. The artistic arrangement of the salad which is used on special occasions, however, is worth more care than is spent at other times on this course.

Gelatine is most useful in the preparation of a party salad, as fruits and vegetables can be arranged so prettily and will keep their places when held together by a jelly. Large molds, in pyramid or ring shapes, or small molds with appropriate decoration, may be used. Suggestions for other combination gelatine salads will be found under some of the other headings.

Frozen salad mixtures are among the others best liked for luncheon or for afternoon or evening refreshments. Any one of the suggested salads also will serve as a combination salad and dessert at the end of the luncheon or dinner, at an everyday meal. The Beau-Claire and the Orange Fig salads, as well as any of the gelatine or frozen salads, are especially appropriate for this purpose. Some of the most original salads in this collection will be found under the Party Salad heading.

FROZEN FRUIT SALAD

1 small can each Premier
Pears, Apricots, Grated
Pineapple
Premier Salad Dressing
Lettuce

MISS ELSIE S. WILLIAMS
Monroe, N. C.

Dice the pears and apricots and blend with the pineapple and one cup of Premier Salad Dressing. Turn into a mold, seal closely and bury in ice and salt for four hours. Unmold, cut into slices and serve on lettuce, garnishing with additional Premier Salad Dressing.

CHRISTMAS SALAD

3 cups lemon gelatine
Cooked cranberries or
maraschino cherries
Thinly sliced citron
Premier Salad Dressing
Whipped cream (optional)

MRS. ANNIE WHITE NOBLE
Portland, Maine

Put a layer of the gelatine an inch deep into a mold which has been dipped into cold water and when almost set arrange on it cranberries or cherries with citron cut to resemble stems and leaves. Carefully cover with more nearly-set gelatine, then more of the decorative sprays, covering these also with remaining gelatine. Chill, and when set unmold, serve with Premier Salad Dressing with or without the addition of a little whipped cream.

GINGER ALE SALAD

2 tablespoons granulated gelatine
 $\frac{1}{2}$ cup water
2 tablespoons sugar
4 tablespoons lemon juice
 $1\frac{1}{2}$ cups ginger ale
1 orange, peeled and cut small
 $\frac{2}{3}$ cup diced Premier Canned Pineapple
 $\frac{1}{2}$ cup diced celery
 $\frac{1}{4}$ cup nut-meats, broken small
Lettuce
Premier Salad Dressing

Soften the gelatine in water, add the sugar and set over boiling water until the gelatine is dissolved. Cool, then add the lemon juice and ginger ale and when beginning to set fold in the orange from which all fiber and tissue have been removed, the pineapple, celery and nut-meats. Turn into a mold which has been dipped into cold water. Chill, and when set unmold and decorate with lettuce and Premier Salad Dressing.

MRS. N. T. LASHMET
Winchester, Ill.

ALLIGATOR PEAR SALAD

2 alligator pears
 $\frac{1}{2}$ cup Premier Salad Dressing
3 tablespoons crumbled Roquefort cheese
Lettuce

Remove the rind from the pears, cut them into slices and arrange symmetrically on crisp lettuce, pouring over the Premier Salad Dressing with which the cheese has been blended.

MRS. A. B. SCOTT
Jacksonville, Ill.

ORANGE FIG SALAD

2 oranges
3 figs
6 marshmallows
1 tablespoon chopped salted almonds
Maraschino cherries
4 tablespoons Premier Salad Dressing
1 teaspoon maraschino cherry juice
1 teaspoon grated orange rind
Lettuce

Peel and dice the oranges, dice the figs and marshmallows. Blend with the almonds and Premier Salad Dressing to which has been added the maraschino cherry juice and orange rind. Serve on lettuce, garnishing with additional Premier Salad Dressing and maraschino cherries.

Mrs. W. F. McConkey
Knoxville, Tenn.

FROZEN CHEESE

½ pound soft cream cheese
1 cup whipped cream
2 minced Premier Canned Pimientos
½ cup chopped walnut-meats
½ teaspoon salt
¼ teaspoon paprika
Lettuce or watercress
Premier Salad Dressing

Break up the cheese with a fork and work into it the other ingredients. Turn into a mold, seal the edges and bury in ice and salt for four hours. Unmold, slice and serve garnished with lettuce or watercress and with Premier Salad Dressing.

Mrs. R. A. Butler
Indianapolis, Ind.

BEAU-CLAIRE SALAD

1 large canteloupe
¾ cup seeded Premier Raisins
2 peaches, sliced
Premier Salad Dressing
Lettuce or romaine

Cut the canteloupe into halves, remove the seeds and either remove rind and slice the fruit, or scoop out from the rind with a sharp pointed spoon. Marinate in two tablespoons Premier Salad Dressing and arrange on lettuce or romaine with alternate layers of raisins. Garnish with the sliced peaches and a few additional raisins. Pass additional Premier Salad Dressing separately.

Mrs. Margaret W. Cahall
Honolulu, T. H.

TANGERINE AND PEPPER SALAD

POT-POURRI DRESSING

- 6 tangerines
- Minced green pepper
- Diced celery
- Grapefruit juice
- Lettuce
- ½ cup Premier Salad Dressing
- 1 chopped green pepper
- 1 chopped orange
- ½ cup Premier Olives,
chopped

MISS H. R. WOODWARD
Wallingford, Conn.

Peel the tangerines and remove membrane, leaving the pulp unbroken. Blend with half their bulk minced pepper and one-fourth their bulk diced celery. Moisten with grapefruit juice and chill thoroughly. Serve on lettuce, pouring Pot-Pourri Dressing over all.

To make the dressing add the chopped pepper, peeled and chopped orange and chopped olives to the Premier Salad Dressing.

PEAR AND ASPARAGUS SALAD

- 3 pears
- 24 asparagus tips
- Lettuce
- Salt
- Paprika
- Premier Salad Dressing
- 1 Premier Canned Pimiento

MRS. J. H. GLASCOCK
Hutchinson, Kansas

Either fresh or canned pears and asparagus may be used; if canned, use Premier.

Allow half a pear for each service, peel if fresh, slice lengthwise and arrange on lettuce. Place over each portion four asparagus tips, sprinkle with salt and paprika, pour Premier Salad Dressing over and garnish with narrow strips of pimiento.

JELLIED PREMIER GARNISH

- 1 teaspoon granulated
gelatine
- 6 tablespoons Premier Salad
Dressing
- 2 teaspoons cold water

MRS. H. R. CLARK
Northville, Mich.

Soak the gelatine for five minutes in the cold water, then dissolve over boiling water. Add it to the Premier Salad Dressing and turn into a saucer or plate. Chill, unmold and cut into fancy shapes for use in garnishing party salads.

A group of sandwiches including a few canapés

PREMIER SALAD DRESSING is, of course, an indispensable ingredient in the household which enjoys sandwiches. This is true whether the form of sandwich is the luncheon main dish, the picnic, or the school lunch of substantiality or the tea and salad accompaniment, or the canapé of savory daintiness.

For the luncheon sandwich, toast is often used instead of plain bread. It should be made just previous to serving and spread with the filling, which should be ready. Sometimes these sandwiches are served "open" with an extra piece of toast at the side. The three-story sandwich is also a good luncheon dish. The filling may be varied in many ways for this.

For the school lunch the recipes for salmon and watercress sandwiches may be used and varied with any other kind of filling. Any meat, eggs, salad plant or fruits, such as dates, raisins or figs, will make a suitable filling for the school lunch sandwich.

For picnics, the beefsteak sandwich cannot be surpassed. Thin slices of ham or bacon may be used in the same way.

As a fruit course, at luncheon or dinner, canapés are becoming more than ever used. Three savory combinations are given here, but the clever hostess will use her own ingenuity in blending and garnishing

Whatever kind of sandwich you make, be sure that you have a full bottle of Premier at hand!

SANDWICHES PREMIER

½ cup minced Premier
Cucumber Pickles
⅓ cup minced celery
1 minced tomato
1 minced hard-cooked egg
1 dozen Premier Stuffed
Olives, sliced
1 teaspoon minced onion
3 tablespoons Premier Salad
Dressing
Slices of buttered white or
whole wheat bread

Blend all the ingredients except the Premier Salad Dressing, then drain thoroughly. Add the Premier Salad Dressing, mix well and spread between the slices of bread.

MRS. NEWT E. SPENCE
(Teacher)
Carrollton, Ga.

THREE-STORY LUNCHEON SANDWICH

9 slices white bread
1 cup finely minced celery
3 minced sweet pickles
1 Premier Canned Pimiento,
minced
½ ripe apple, diced
Salt
Paprika
2 tablespoons Premier Salad
Dressing
Lettuce
Thin slices cold boiled ham

Brown three slices of bread in butter in a frying pan; butter the remaining slices. Blend the celery, pickles, pimiento and apple with the salt, paprika and Premier Salad Dressing. On one buttered slice of bread place a lettuce leaf moistened with Premier Salad Dressing, then a slice of ham, next the toasted slice of bread, followed by the salad mixture, covering with the remaining slice of plain buttered bread. Cut into halves.

MRS. HONORA L. MONTY, *Dubuque, Iowa*

TOASTED CHICKEN SALAD SANDWICHES

1 cup diced cooked chicken
1 cup finely diced celery
Salt
Paprika
1 teaspoon lemon juice
4 tablespoons Premier Salad
Dressing
Lettuce
12 slices hot buttered toast

Mix thoroughly the chicken, celery, seasonings and half the Premier Salad Dressing. Place lettuce leaves spread with the remaining Premier Salad Dressing on half the slices of toast, put the salad over this and cover with remaining slices of toast. Cut across diagonally and serve immediately.

MISS FLORENCE LOONAM
Oxford, N. C.

BOSTON SANDWICHES

2 cups cold baked beans
4 tablespoons Premier Salad
Dressing
2 tablespoons minced
dill pickles
Slices of buttered Boston
brown bread

Blend all ingredients thoroughly and spread between slices of buttered Boston brown bread, spreading these also, if desired, with cream cheese.

MRS. A. W. NOBLE
Portland, Maine

SALMON SANDWICH

1 can Premier Salmon
1 small cucumber, chopped
1 dill pickle, chopped
Premier Salad Dressing
Slices of buttered bread

Remove all bones, oil and skin from the salmon, break it up with a fork, add the cucumber and pickle and moisten with Premier Salad Dressing. Spread between the slices of bread.

MISS BESS MORRIS
Fulton, Ky.

WATERCRESS SANDWICHES

1 cup crisp watercress
2 tablespoons Premier Salad
Dressing
Thin slices buttered whole
wheat bread

Use only the leaves of the cress, chop them coarsely, blend with the Premier Salad Dressing and spread between the slices of bread.

MISS SALLY S. MITCHELL
Norwich, N. Y.

PREMIER TOAST

3 hard-cooked eggs
1 tablespoon minced parsley
1 teaspoon minced onion
2 tablespoons grated cheese
3 tablespoons Premier Salad
Dressing
Hot buttered toast
½ teaspoon salt
¼ teaspoon paprika

Chop the egg whites finely, pressing the yolks through a sieve. Blend with the other ingredients, pile on the slices of toast and garnish with parsley and a dash of paprika.

MRS. GRACE BARDEN CARLTON
Bowling Green, Ky.

WALNUT DATE SANDWICHES

1 cup English walnuts
1 cup dates
3 tablespoons Premier Salad Dressing
Slices of buttered white and whole wheat or graham bread

Pass the nuts and dates (stoned) together through the food chopper, moisten with Premier Salad Dressing and spread on slices of buttered bread, using one slice of white, one of dark bread, for each sandwich.

MRS. KATHRYN THORDARSON
Fargo, N. Dakota

ALEXANDRA CANAPÉS

3 tablespoons Premier Salad Dressing
1 cup cream cheese
1 tablespoon chopped anchovies
1 teaspoon chopped parsley
Rounds of fried bread

Blend the Premier Salad Dressing and cream cheese thoroughly, stir in the anchovies and parsley and heap in small pyramids on rounds of fried bread.

MRS. DOROTHY COTTAR
Fort Worth, Texas

CLOVER CANAPÉS

Thin slices white or whole wheat bread
Butter
Pimiento cheese
Premier Salad Dressing
Finely minced green pepper

Stamp out pieces of bread with four-leaf-clover cutter, spread each with butter, then with the cheese moistened with Premier Salad Dressing and sprinkle round the edge a border of the minced pepper.

MRS. C. E. JONES, *Oak Park, Ill.*

PREMIER EGG CANAPÉS

½ cup chopped Premier Olives
2 hard-cooked eggs
Premier Stuffed Olives, sliced
Premier Salad Dressing
Rounds of buttered toast

MRS. BERTHA P. SANDT
San Antonio, Fla.

Have the rounds of toast about three inches in diameter. Pile chopped olives in the center, surround these with a ring of finely chopped egg white, then a ring of riced egg yolk and border with the sliced stuffed olives, pouring Premier Salad Dressing over the central mound of olives.

Premier flavoring for many dishes

SPICES AND CONDIMENTS may make or mar a dish. The same ingredients, excluding these epicurean aids, may go into the making of two dishes and yet how different may be results!

Premier Dressing, with its carefully blended seasoning, supplies ready made a seasoning that blends with any number of foods which are improved by the addition of condiments.

Meats and vegetables in savory combinations, or alone, will be the more appetizing by the use of Premier Dressing, either as one of the ingredients or as a sauce.

Most of the dishes in the group of recipes given are of original and interesting flavor. While only one or two show a foreign influence, a number of them remind us of some deliciously appetizing foods which we have tasted in foreign restaurants.

Space does not allow for the numerous other suggestions which could be given for the use of Premier as a flavoring, but the clever cook will find many other novel ways in which she will make the Premier bottle do its part.

HAM AND CARROTS, PREMIER STYLE

1 slice ham
5 medium sized cooked
carrots
Salt
Pepper
2 tablespoons Premier Salad
Dressing

Fry the ham, remove from pan and keep hot. Slice the carrots into the hot fat, chop and stir them in it until well heated and minced. Add the salt, pepper and Premier Salad Dressing and serve with the ham.

MRS. M. E. MONTGOMERY
Minneapolis, Minn.

PICNIC BEEFSTEAK

Steak
Salt
Pepper
Slices of buttered bread
Thinly sliced Bermuda onions
Premier Salad Dressing

MRS. RAY E. HUNT
Lincoln, Nebr.

Cut the steak into rather thin slices and broil over the picnic fire either on a pointed stick or in a corn popper. Season with salt and pepper and place on slices of buttered bread, covering with the Bermuda onions and Premier Salad Dressing. Lay another slice of bread over all and serve immediately.

ROAST HAM, PREMIER STYLE

1 six-pound ham
1 cup Premier Apple Jelly
1 cup brown sugar
Pinch of dry mustard
Pinch of Premier Powdered Cloves
2 tablespoons Premier Salad Dressing

MRS. J. W. SANDERS
Forest City, N. C.

Work all ingredients (except the ham) into a paste and spread on the ham which has been boiled for one hour and from which the rind has been removed. Bake one and one-half hours in a slow oven, keeping a little water in the baking pan with which to baste. The liquid remaining in the pan after cooking provides a delicious sauce to serve with the ham.

FRIED EGGPLANT ITALIENNE

1 eggplant
1 egg
2 tablespoons Premier Salad Dressing
Bread crumbs
Grated cheese
Salt
Pepper
Tomato sauce

Beat the egg with one tablespoon of the Premier Salad Dressing. Blend equal parts bread crumbs and grated cheese with the seasonings. Slice and peel the eggplant and dip each slice first into the egg mixture, then into the crumbs. Fry golden brown and serve with tomato sauce to which the remaining spoonful of Premier Salad Dressing has been added.

MRS. W. S. McCORMICK, *Duluth, Minn.*

MEAT LOAF PREMIER

2 tablespoons granulated gelatine
½ cup cold water
1½ cups boiling water
3 tablespoons sugar
Grated rind ½ lemon
Juice 1 lemon
½ teaspoon salt
1 cup peas
1 minced Premier Canned Pimiento
¾ cup diced celery
1½ cups minced chicken, ham, veal or other desired meat
Seasoning
Premier Salad Dressing
Lettuce, shredded
Radish roses

Soften the gelatine in the cold water, then dissolve with the boiling water. Add the sugar, lemon rind and juice and salt. Cool and when about to set, stir in the peas, pimiento and celery. Pour one-third of the mixture into a mold which has been dipped into cold water, arrange on this the minced meat seasoned and moistened with two tablespoons Premier Salad Dressing, not allowing it to come quite to the edges of the mold. Add the remaining gelatine mixture quickly, chill; when set unmold and cut into slices. Serve garnished with shredded lettuce, radish roses and additional Premier Salad Dressing.

MRS. E. N. SEWELL, *Winner, S. Dakota*

BAKED STUFFED CARROTS

6 large carrots
2 minced onions
Salt
Paprika
2 tablespoons Premier Salad Dressing
Brown sauce or gravy

Cook the carrots until just tender, hollow out the centers, mince these portions, then blend with the onion, salt, paprika and Premier Salad Dressing. Replace in the carrots and bake for half an hour in brown sauce or gravy. Serve hot.

MRS. W. C. WILSON, *Montello, Nevada*

FRIED BANANAS WITH PREMIER

Firm bananas
Butter or frying fat
Toast
Premier Salad Dressing

Peel and scrape the bananas, then cut lengthwise and crosswise into quarters. Fry golden brown in butter or other frying fat, place on strips of toast, allowing one banana to each service, pour a spoonful of Premier Salad Dressing over; serve very hot.

MRS. F. WANAMAKER
Syracuse, N. Y.

SPANISH RICE

- 4 cups cooked rice
- 2 tablespoons butter
- $\frac{1}{4}$ teaspoon paprika
- 6 slices bacon
- $2\frac{3}{4}$ cup Premier Salad Dressing
- 5 hard-cooked eggs
- Ground chili or cayenne

Season the rice with the butter and paprika, turn it onto a platter and sprinkle over it the bacon cut into very small pieces and fried crisp. Pour the Premier Salad Dressing over this, add the eggs, diced, and sprinkle with the chili or cayenne.

MRS. N. J. STRUMQUIST
Albuquerque, N. Mex.

BAKED TOMATOES WITH PREMIER SALAD DRESSING

- 6 tomatoes
- Salt
- Paprika
- Butter or ham fat
- 2 tablespoons chopped sweet pickles
- 2 diced cucumbers
- 1 diced hard-cooked egg
- $2\frac{3}{4}$ cup Premier Salad Dressing

Cut a thin slice from the top of each tomato, sprinkle with salt and paprika and put a teaspoonful of butter or ham fat on top of each. Bake until tender and serve with a sauce made by adding the pickles, cucumber and hard-cooked egg to the Premier Salad Dressing.

MRS. WEBSTER J. LEWIS
Chandler, Ariz.

STUFFED STEAMED CABBAGE

- 1 firm head cabbage
- 2 cups bread crumbs
- 2 cups minced meat
- 2 minced onions
- 1 teaspoon powdered sage
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- Premier Salad Dressing

Open up the leaves of the cabbage, soak for one hour in slightly salted water, then stuff with a dressing made from the bread crumbs, meat, onion and seasonings. Draw the leaves back into shape and tie to keep in the stuffing. Steam until tender, slice and serve hot with Premier Salad Dressing.

MRS. HELEN CLAIBORNE
West Palm Beach, Fla.

Premier Suggestions

For breaded chops, oysters or fish beat a spoonful of Premier Salad Dressing into the beaten egg used for dipping.

When making dressing or stuffing for chicken, fish or planked steak, add a spoonful of Premier Salad Dressing.

MRS. N. ELLIS, *Omaha, Neb.*

Combine Premier Salad Dressing in equal proportions with spiced currants and finely minced or preserved ginger and serve as a relish with roast pork.

MRS. D. R. THORNE, *Sioux Falls, S. Dak.*

For quick relish add equal parts finely chopped pickles, stoned olives and Spanish peppers to Premier Salad Dressing.

MISS V. CASSESE, *Detroit, Mich.*

Chop finely, raw, well washed spinach, place on rounds of toasted buttered graham bread, and pour Premier Salad Dressing over all.

MISS NINA TOMLINSON, *Trenton, N. J.*

Spread Premier Salad Dressing over a slice of ham, pour milk round and bake in slow oven, basting occasionally with the milk while cooking.

MRS. ALBERT J. JOHNSON, *Nekoma, N. Dak.*

PREMIER SUGGESTIONS

When frying oysters, instead of dipping in beaten egg, dip into Premier Salad Dressing and cracker crumbs, then repeat the process to insure a firm coating.

MRS. CLIFFORD WILLIAMS, *Nounan, Idaho*

Add one to two tablespoons Premier Salad Dressing to the cream sauce served over vegetables or with meat or fish loaf.

MRS. AARON F. CLARK, *Hagerman, N. Mex.*

Halved slices Premier Canned Pineapple, fried golden brown and served with a teaspoon of Premier Salad Dressing, make an attractive and delicious garnish accompaniment to roast meats.

MRS. RUSSELL BAKER, *Morris, Minn.*

Add chopped parsley, chopped olives, and pickles to Premier Salad Dressing for Tartare Sauce.

MRS. C. GORDON JEWETT, *Big Piney, Wyo.*

Serve Premier Salad Dressing thinned with lemon with broiled fish.

MRS. ALICE B. IRVINE, *Brooklyn, N. Y.*

Blend equal parts Premier Salad Dressing, Premier Chili Sauce and mustard and serve on hot baked beans.

MRS. ESTELLA SLATTEN, *Topeka, Kans.*

PREMIER SUGGESTIONS

Add Premier Salad Dressing to the White Sauce used for fish.

Add Premier Salad Dressing to beans when baked.

MISS HARRIETTE Z. RAND, *Halifax, Canada*

Serve Premier Salad Dressing with sardines.

MRS. L. M. WEBB, *St. Louis, Mo.*

Serve Premier Salad Dressing on frankfurters.

MISS CARRIE E. WILLEY, *East Haddan, Conn.*

Serve Premier Salad Dressing with hot Hamburger sandwiches.

MRS. EDWARD E. KILLINGER, *Buffalo, N. Y.*

Serve Premier Salad Dressing on fried oysters.

MRS. CHARLES E. BELL, *Upper Darby, Pa.*

Use Premier Salad Dressing in place of butter and spices in preparing devilled eggs.

MRS. D. R. THORNE, *Sioux Falls, S. Dak.*

Thin slices buttered bread filled with blended chopped cooked prunes, cream cheese and Premier Salad Dressing.

MRS. GRACE BARDEN CARLTON, *Bowling Green, Ky.*

PREMIER PRODUCTS

used in these recipes:

GRATED PINEAPPLE

DICED PINEAPPLE

APRICOTS

RAISINS

PEARS

PEACHES

APPLE JELLY

CURRANT JELLY

CANNED CHERRIES

WHOLE PICKLING SPICES

POWDERED GROUND CLOVES

OLIVE OIL • OLIVES

STUFFED OLIVES

CHILI SAUCE

PIMIENTO

SALMON

TUNA FISH

LUNCH TONGUE

ASPARAGUS • MACARONI

PREMIER CHILI SAUCE

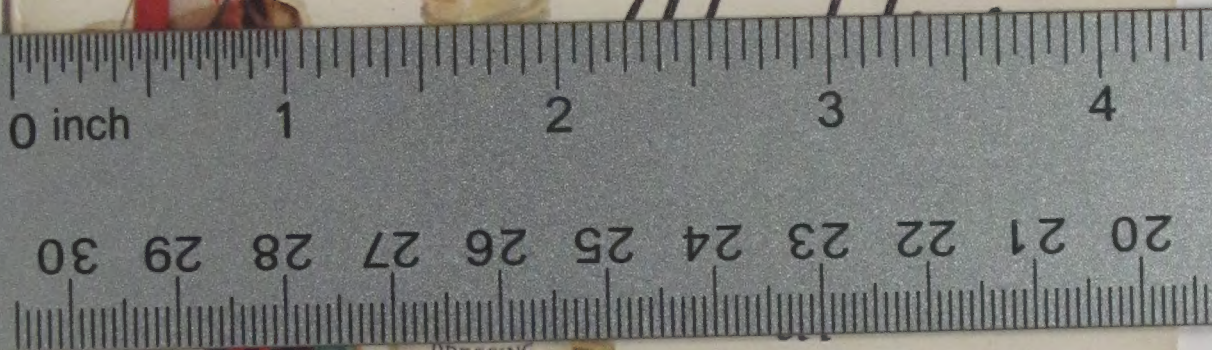


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mealtimes